

# Fact Sheet

## Health Education

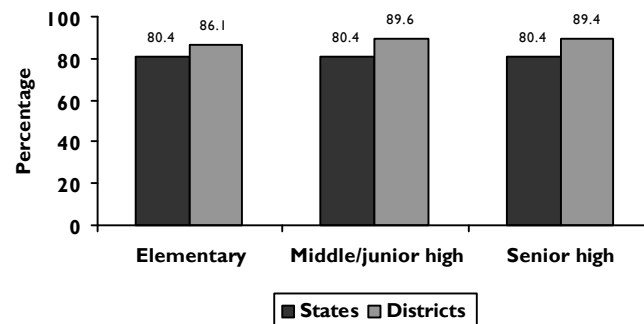
From CDC's School Health Policies and Programs Study (SHPPS) 2000

### About SHPPS

SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Results from SHPPS 2000 are published in the *Journal of School Health*, Volume 71, Number 7, September 2001.

- 88.0% of states, 63.8% of districts, and 62.7% of schools have someone who oversees or coordinates health education.
- 94.0% of states offer certification, licensure, or endorsement to teach health education.

### Percentage of States and Districts Requiring Schools to Teach Health Education, by School Level

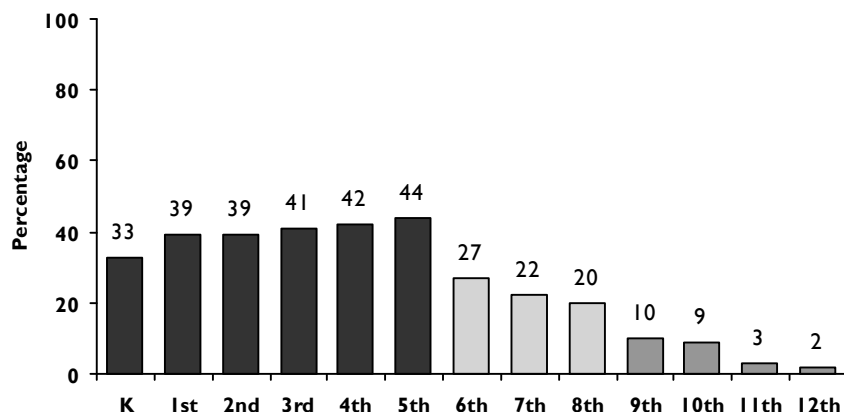


### Percentage of States, Districts, and Schools Requiring Health Education Topics to be Taught in at Least One School Level and Percentage of Schools at Each Level Requiring Each Topic to be Taught

| Topic                                      | States | Districts | Elementary | Middle/<br>junior high | Senior high |
|--|--------|-----------|------------|------------------------|-------------|
| Accident <sup>1</sup> or injury prevention | 68.6   | 85.3      | 80.3       | 66.3                   | 71.7        |
| Alcohol or other drug use prevention       | 78.4   | 92.2      | 88.5       | 87.7                   | 91.2        |
| HIV prevention                             | 72.6   | 91.7      | 50.1       | 75.9                   | 85.6        |
| Nutrition and dietary behavior             | 70.6   | 89.9      | 85.4       | 81.4                   | 87.1        |
| Physical activity and fitness              | 64.7   | 87.8      | 77.0       | 74.7                   | 79.0        |
| Pregnancy prevention                       | 49.0   | 83.3      | 18.6       | 54.8                   | 79.6        |
| STD prevention                             | 62.8   | 89.0      | 24.7       | 69.1                   | 84.8        |
| Suicide prevention                         | 32.0   | 80.2      | 22.3       | 49.5                   | 75.1        |
| Tobacco use prevention                     | 78.4   | 92.1      | 85.9       | 86.4                   | 90.1        |
| Violence prevention                        | 60.8   | 88.7      | 85.5       | 72.5                   | 74.1        |

<sup>1</sup> Although the SHPPS 2000 questionnaires used the word "accident" because it is familiar to many people, public health officials prefer the word "injury" because it connotes the medical consequences of events that are both predictable and preventable.

### Percentage of Schools that Require Health Education, by Grade



### Percentage of Middle/Junior and Senior High School Health Education Courses and Infused Courses in Which a Teacher Covered Selected Health Education Topics, by Topic

| Topic                                      | Health education courses <sup>1</sup> | Infused courses <sup>2</sup> |
|--|---------------------------------------|------------------------------|
| Accident <sup>3</sup> or injury prevention | 56.6                                  | 27.8                         |
| Alcohol or other drug use prevention       | 82.5                                  | 48.2                         |
| HIV prevention                             | 63.4                                  | 44.5                         |
| Nutrition and dietary behavior             | 75.2                                  | 50.8                         |
| Physical activity and fitness              | 68.5                                  | 29.1                         |
| Pregnancy prevention                       | 46.4                                  | 28.4                         |
| STD prevention                             | 56.0                                  | 33.4                         |
| Suicide prevention                         | 47.9                                  | 35.8                         |
| Tobacco use prevention                     | 79.4                                  | 46.2                         |
| Violence prevention                        | 58.7                                  | 40.7                         |

<sup>1</sup> Courses devoted primarily to health topics and combined health education and physical education courses.

<sup>2</sup> Courses devoted primarily to other subjects, such as science or social studies.

<sup>3</sup> Although the SHPPS 2000 questionnaires used the word "accident" because it is familiar to many people, public health officials prefer the word "injury" because it connotes the medical consequences of events that are both predictable and preventable.

### Percentage of Schools with Specific Health Education Time Requirements in Each Grade, by School Level

|                       | Elementary | Middle/junior high | Senior high |
|-----------------------|------------|--------------------|-------------|
| At least 450 minutes  | 58.1       | 80.4               | 84.2        |
| At least 900 minutes  | 42.8       | 66.8               | 75.0        |
| At least 1800 minutes | 19.5       | 38.0               | 37.4        |
| At least 3600 minutes | 5.2        | 13.5               | 13.5        |

**For additional information** on SHPPS, contact the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717, telephone 888-231-6405, <http://www.cdc.gov/shpps>.